

Name: _____ Period: _____

MyPyramid.gov Assignment #1



Directions: In 1995 the USDA came out with MyPyramid.gov, a way to help Americans live a more healthy life. In this assignment you will explore the site and see how it can help you live a healthy life.

1. Log onto the internet and type in the address www.mypyramid.gov
2. On the page fill in the information on the right side where it says 'My Pyramid Plan'. Fill in your age, sex, and exercise. Hit the submit button.
3. This page has information that is appropriate for your body. Underneath the pyramid picture in gray letters it says: 'View, Print & Learn More'. Click on 'Click here to view and print a PDF version of your results'. Print that page. **(You will need to staple that page to this worksheet when you are done.)**
4. Hit the back button. Go to Meal Tracking Worksheet and print it off. **(This will also be stapled to this worksheet and filled out later.)**
5. On the left side of the screen there is a blue box and the top says Search MyPyramid.gov. Go to "Inside the Pyramid".
6. On the right side of the page under 'Related Topics' go to 'Oils'.
 - *What are oils? _____
 - *What are two oils high in saturated fats? _____
 - *What are solid fats? _____
 - *What are 3 solid fats? _____
7. Hit the back button and on the right side under 'Related Topics' go to 'Discretionary Calories'. READ THE INFORMATION.

OVER

Explain discretionary calories: _____

List two ways to use your discretionary calories.

1. _____ 2. _____

8. Hit the back button and on the right side go to 'Physical Activity' under 'Related Topics'.

What are 3 examples of moderate activity:

1. _____ 2. _____ 3. _____

What are 3 examples of vigorous activity:

1. _____ 2. _____ 3. _____

9. Go back up to the right top corner box and go to 'How much is needed?'. The second paragraph explains how much exercise children and teenagers should get. How much should they get each day? _____

10. Go back up to the right top corner again hit 'Calories Used'. Hit the 'Click to see chart'. How many calories would the man use in 1 hour of hiking?

11. Close the chart. Go back up to the right top corner box and hit 'Tips for increasing physical activity'.

What are 2 ways to increase physical activity at home?

1. _____ 2. _____

What are two ways to increase physical activity at school?

1. _____ 2. _____

12. Hit the back button until you come back to 'Steps to a Healthier You'. Enter your personal information again on the right. On the left side under 'Subjects', hit 'For Kids'. Play the game until you win. Print off your certificate and attach to this worksheet. BE SURE TO READ ALL THE INSTRUCTIONS.